



KEITH HASKE'S

UPTEMPO BASKETBALL SYSTEM

PRESSURE DEFENSE, PRESSURE OFFENSE



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About Keith Haske



Keith Haske's credentials include:

- 29 seasons as a basketball coaching experience, both boys and girls
- Over 500 career wins
- 4 State Championship appearances
- Regarded as one of the most successful basketball coaches in Northern Michigan history
- Took his Traverse City St. Francis High School team to the Michigan State Finals in just his second season
- Compiled a 239-78 record (a .753 win percentage) in 13 seasons at Charlevoix

Defensive Goals and Purpose



The Haske Pressure Defense is a full court defensive system that creates tempo, speeds up the game, encourages deflections, and causes turnovers.

The defense starts with a full court press. The press is partially man to man and partially match up zone.

The press will look different almost every time down the court. You might trap in the corner the first time down the court, trap in the middle of the floor the second time down, not trap at all the third time down, and trap twice the fourth time down.

It's based on rules that give players framework to apply pressure. The rules are based on the opponent's reaction and allow for player interpretation.

Unlike many presses, this press does not require traps in certain places and the rules allow for a lot of freedom.

This makes it particularly difficult for the opponent. They never know what is going to happen.

The press is complimented by an up-tempo half court man to man defense. The defense applies basic man to man principles with some adjustments to apply more pressure and keep the game moving.

The goals of the defensive system are as follows...

1. Create a fast paced tempo
2. Get deflections (20 or more per game)
3. Get the opponent going fast at all times
4. Trap when a good opportunity arises
5. BE aggressive
6. No fouls
7. Do not give up lay ups
8. Create a fast paced tempo

You'll notice we mentioned "create a fast paced tempo" twice. A primary goal of Keith Haske's entire system is to create a fast pace and get a lot of possessions. By creating this fast pace, his team is at an advantage.

The game will either be over early, or at some point during the game, the opponent will wear down or reach a breaking point. This often occurs during the second half when the opponent loses focus and Haske's team makes a big run.

Keith Haske believes that if they create a fast tempo, they will almost always win the game.

Press Defense Rules



The press is based on the following rules. These rules allow the defense to look different each time down the floor.

You'll notice the rules allow for player interpretation. As a result the press requires practice, repetitions, and sometimes patience with the coach.

Inbounds Rules

1. Try to deflect inbounds pass with on ball pressure and active hands.
2. If ball goes below block, double team 1st pass.
3. If ball goes above block, get above the ball.

On Ball Rules

4. Force the speed dribble (pressure the ball).
5. Once you're on the ball, that's your man until it's passed.
6. When you get beat, cut the ball or back tip.

Off Ball Rules

6. Hit (look to trap) the ball if they speed dribble at you.
7. If a teammate cuts the ball, look to double.
8. Look to double in prime trap spots (half court and corners).
9. Always go with the cutter.
10. You have to be above the ball.

Trapping Rules

11. If they dribble into the trap and pass right away, run and jump.
12. Stay in your trap until the ball is passed.
13. SPRINT out of traps (as ball comes out of finger tips).
14. Always have 2 interceptors and 1 player protecting the basket.

General Rules

15. Have active high hands (get deflections).
16. Switch all screens.
17. Do NOT foul.

Keys to Running the Press Effectively



The keys to the Haske press are...

1 - High Active Hands

Players must have active hands and keep them high to get deflections. Keith has found that if they are able to get 20 or more deflections in a game, they almost always win that game.

So it's important for you to require your players to keep their hands high and active to encourage deflections. Their hands should be high in traps, one close outs, and passing situations.

2 - Pressure the Ball and Get "Up"

Force the speed dribble and get up on the ball (have to be close). Common mistake is to back off your man. Need to enforce ball pressure constantly.

3 - Hit at the Right Time

Players must be somewhat disciplined when they "hit" and double team. If the dribble is under control, they should not hit and double team. This can cause disadvantage situations. The exception to this rule is when the dribbler is in a prime trapping spot (corner or half court sideline).

Players and coaches should also watch to make sure they are hitting at the right time. It's beneficial to learn good timing.

4 - Sprint Out of Traps

Once the ball is passed out of the trap, your team must learn to turn and sprint. They should anticipate they pass out of the trap and be moving as the ball leaves the passers finger tips.

5 - Always Have One Player Protecting the Basket

You need a safety valve to protect from over the top passes and to limit lay-up opportunities.

6 – Anticipation

The pressure will force your opponent into lazy passes. Your team can take advantage of this by anticipating those mistake and stepping into passing lanes.

7 – Communication

Because the press can look different almost every time down the court, your players must always be communicating. This will create unity in your team's motion and it will also create more havoc for your opponent.

8 – Work Hard and Be Aggressive

This system requires your team to always be working. The style is not effective if you are not pressuring, pressuring and pressuring. As a coach you must remind your team to always be aggressive by rewarding aggressive play.

9 – Repetitions and Practice

The pressure system is easy to learn but you must also continually work on it every day in practice. As coach Haske says in the video, working on the pressure gets the sweat going at practice.

10 – Have to be Dedicated

This is something you have to be committed to and practice. Keith thinks this works best if you commit to it and always press, unless you are way up. It's not something you do against certain teams and not against others. It's a culture.

Press Defense – Alignment & Rules



Your 4 man plays on the ball. He must be active and try to tip the ball. He also tries to force the ball into the corner.

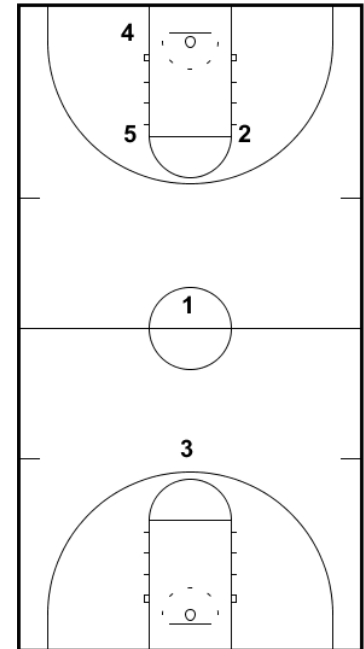
Your 5 man begins on the left elbow. If there is man there, 5 picks up that man. If there is no one on the elbow, 5 picks up the nearest offensive player.

Your 2 man begins on the right elbow. If there is man there, 2 picks up that man. If there is no one on the elbow, 2 picks up the nearest offensive player.

Your 1 man reacts to what the other team is doing and begins at half court if they are back and he moves up if no one is back.

Your 3 man starts all the way back unless no offensive player is back there. He moves up if everyone is up.

Once the ball is in, follow "press offense rules" (see previous chapter).

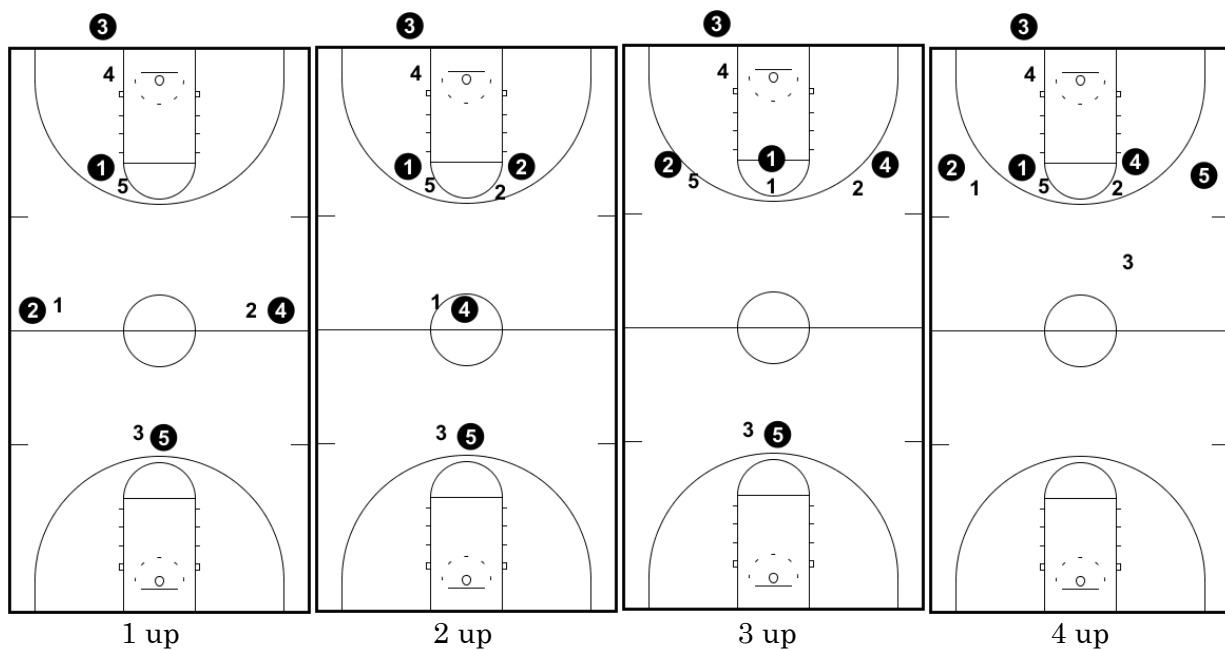


Press Alignment - Different Offensive Looks



The teams you play against will try all different types of alignment to try and break your press. They may have 1 guy up, 2 guys up, 3 guys up or all 4 guys up. No matter what the style they line up in, the press principles remain the same. The 4 man will always pressure the ball, the 5 man will always take the closest player on the left, the 2 man will always take the closest player on the right and the 1 and 3 men take the offensive players near half court or all the way in the back.

Below are all four types of alignment you may face and how you should line up against each one.



Press Variations



Coach Haske runs 3 different types of presses: blue, white & gold.

All of the basic principles remain the same in each press. The difference is how the press begins. Coach Haske will change up the press to see how the other team reacts to the change.

Blue Press – This is the main press that is used most often. Blue press means you play behind the offense. You allow the inbound pass to the corner. Once the ball is inbounded, you follow the rules outlined above.



White Press – In this press the defenders step in from of the ball and turn their backs to the ball. They must deny all inbound passes. They turn up the pressure and try to create lazy, high lob passes. The defenders in back play a half front but should not give up a deep pass. Once the ball is inbounded, you follow the rules outlined above.



Gold Press - In this press the defenders also step in from of the ball and turn their backs to the ball. The difference from white press is that the 4 man is moved off the ball and begins above the top of the key. This can be used against a great point guard. The 4 man will shadow the point guard .



Half Court Defense – Pressure

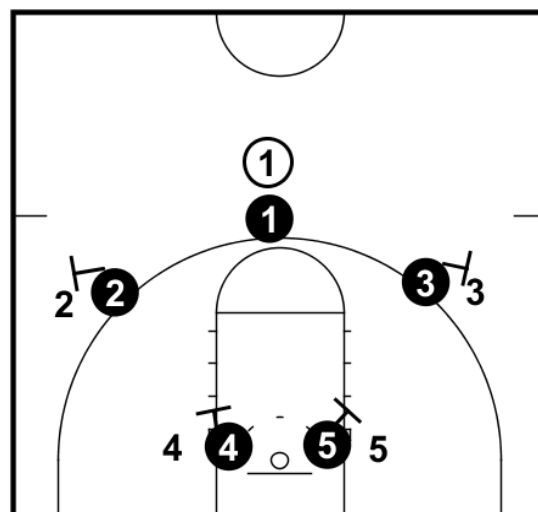


Just because the ball has beaten the press and the offense is set up in a half court set, the pressure does not stop. The half court defense keeps many of the same principles as the full court defense. This means ball pressure.

As shown in the diagram, the defender on top must contain the ball. Anyone playing one pass away should play in the passing lane and try to deny the pass. All defenders two passes away are help side.

If the ball is passed to the wing, the main rule is to not allow the ball to be passed back to the top. The defender plays toe to toe and tries to force the ball to the baseline. By forcing the ball baseline you can use the endline as another defender. The post defenders half front the ball side posts and then double teams when the ball is dribbled at him.

Just as with the press, all defenders must turn and sprint when the ball is passed out of any double team. Then everyone must recover and “fix it.”



Press Defense Drills

Drill: 1 On 1



Step 1 – The drill begins in the corner with one person with the ball and a second person on defense. This drill works on both offense and defense because it is the job of the man with the ball to get up the court in one or two moves and it is the job of the defender to stay in front of the ball.

The defender must put enough pressure on the ball to force the man to speed dribble. Once he is speed dribbling, the defender must cut him and make him change directions. If he can't do that he should try for a back tip.

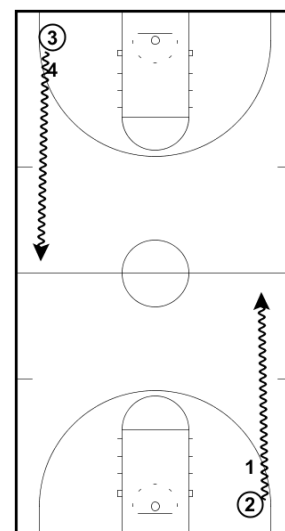
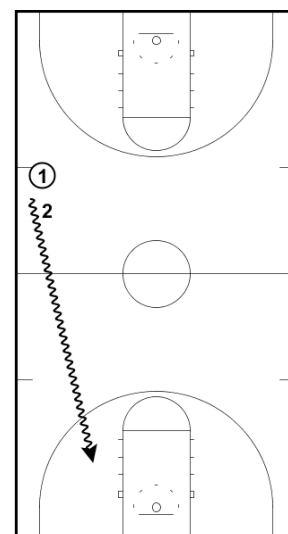
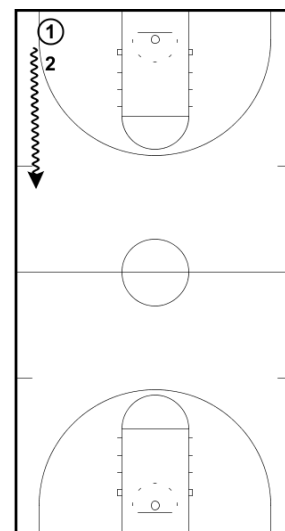
Step 2 - As the players move up the court, the defender must remember not to foul. You must teach not to lean on the player who is speed dribbling.

If the defender is beat, they must sprint to recover. The offensive player must continue to push the ball up the court and try to score.

Step 3 – Once the first group finishes, they will switch offense to defense and repeat the drill on the opposite side of the court. 2 will now be on offense and 1 will play defense.

At the same time, a new group will start on the side where 1 & 2 had just finished.

While performing the drill, defender must over pressure the ball. This creates a speed dribble which allows your defense to dictate the tempo of the game. The defender must not force the ball one way or the other to start. He should simply get in great defensive stance and play straight up. Once you commit to the ball you must stay on that guy until he passes or turns the ball over.

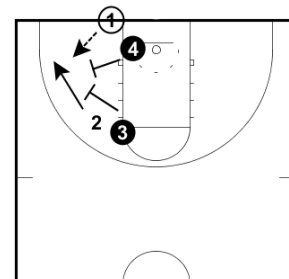


Drill: 2 on 2

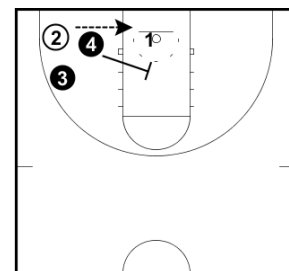


2 on 2 Double Team

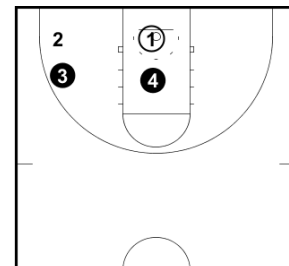
Step 1 – The drill begins with two players on offense (1 & 2 in the diagram to the right) and two players on defense (3 & 4 in the diagram to the right). The man on the ball should be active to try and tip the inbound pass. The defense should force the ball into the corner. Once the ball is inbounded, they will double team the ball. The defenders should meet feet so they do not allow the offensive player to split the double team.



Step 2 – For the purposes of the drill, the offensive player who inbounded the ball should stay behind the ball and not run down the court. If the ball is passed back to the in bouncer, the defense must turn and sprint out of the double team. It is important to not watch the pass. Turn and sprint.

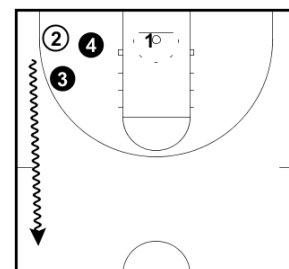


Step 3 – As 4 recovers to his man, he must keep his 1 on 1 principles in mind. That means he must force a speed dribble and then cut him.

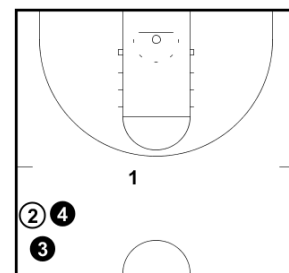


2on2 - Cut and Double

Step 1 –The player with the ball should try to dribble and get up the sideline following the initial inbound pass. The defense's goal is to cut and double as they go up the sideline. This means the defense must sprint and recover in order to make the dribble change directions.



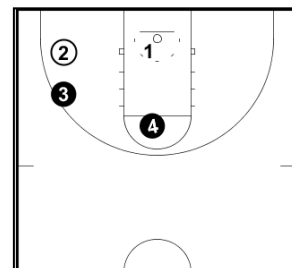
Step 2 – As the dribbler, he is forced to change directions, the



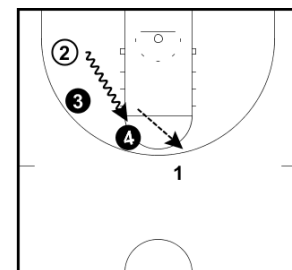
4 man must sprint and double the ball. This will create a new trap and will often lead to a turnover.

2on2 - Run and Jump

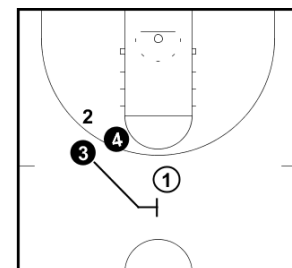
Step 1 – For this drill, the defense will not double team the inbound pass. Instead, the 4 man will back up and get above the ball.



Step 2 – The on-ball defender will force the ball to the middle of the court. This will make the dribble move toward your help defender. The two defenders will then jump the ball and create a double team. The offensive player will have to pass over the double team.



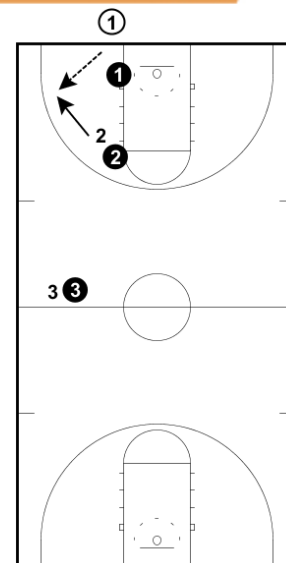
Step 3 – Once the ball is passed over the double team, the defensive players will turn and sprint out of the double team. They will switch men and 3 will run to the ball and 4 will remain on the passer. 3 will then pressure the ball and force a speed dribble while looking to cut the ball.



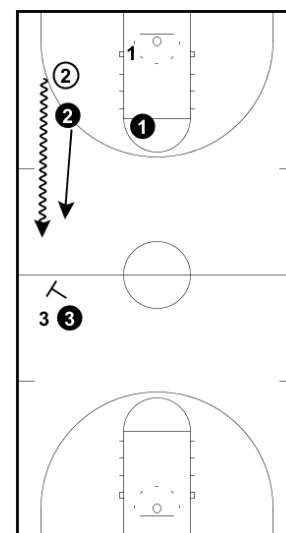
Drill: 3 on 3



Step 1 – The drill begins with three players on offense (1, 2, 3 in white in the diagram to the right) and three players on defense (1, 2 & 3 in black in the diagram to the right). The man on the ball should be active to try and tip the inbound pass. The defense should force the ball into the corner.



Step 2 - Once the ball is inbounded, the man who was on the in bouncer will back up and get above the ball instead of double teaming the ball.



The on ball defender must put enough pressure on the ball to force the man to speed dribble down the sideline. As the ball is dribbled down the sideline the defender must sprint to recover. The back defender must stay up the line and then hit the ball to create a trap. This timing is critical. Too often players leave early. This creates too much space and allows for an easy over the top pass. The back defender should aim for a trap just as the dribbler crosses half court.



Step 3 – When the back defender comes to trap he should have his hands high to try and deflect a potential pass. A perfect place to trap is just after half court. If the dribbler passes out of the trap, then the defenders turn and sprint out of the double team. This is a “fix it” situation where they must find the closest man and guard that guy.

Pressure Offense

Transition Offense



Coach Haske's pressure offense is used to complement his defense. This creates pressure on both sides of the ball at all times.

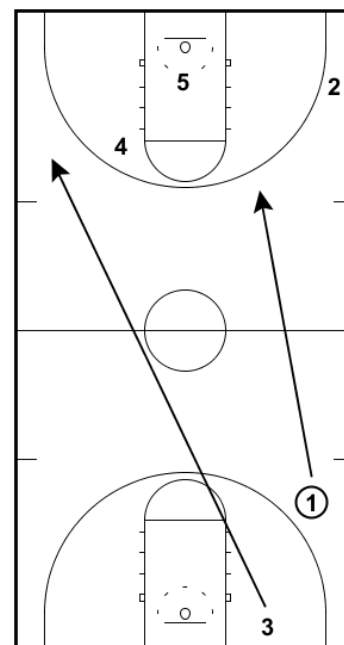
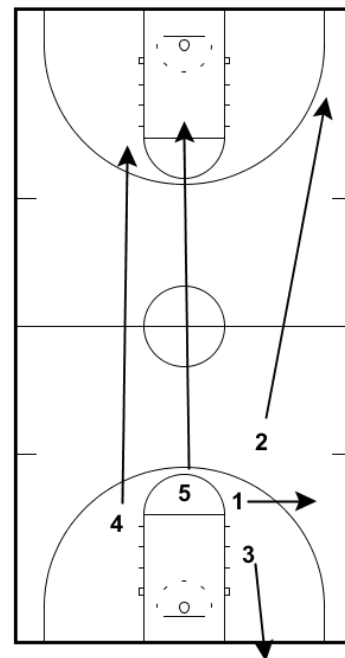
When your defense forces a shot, the 1 cheats and cuts to the outlet spot on the right side. Your point guard will get his back to the sideline quickly so he has vision of the court.

Your 3 man will take the ball out of bounds.

Your 2 man will fill the far right lane, staying wide and spreading the floor.

Your 5 man sprints the middle of the floor, looking for a long pass and an easy layup. If he does not get the pass, he goes to the back side block.

Your 4 man sprints wide down the left side, ending up at the elbow.

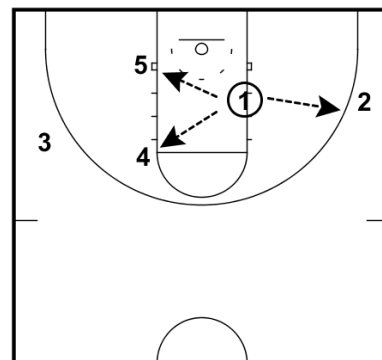
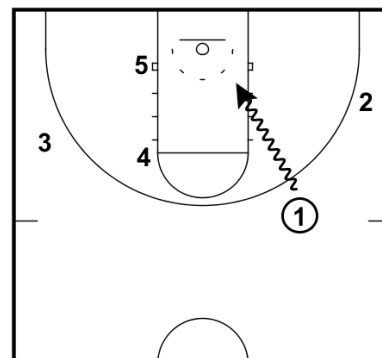


Transition Offense: Point Guard Attack



As the point guard pushes the ball up the court with his speed dribble, he needs to look to score. Simply by where your other 4 players end up in transition, you will create an opening for your 1 man. He should attack the elbow. Using a good in and out move will allow him to get into the seam.

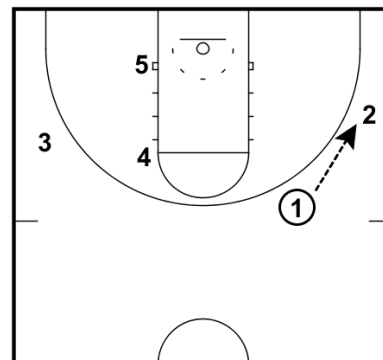
As he gets into the seam he will need to read the defense. His first option is to shoot a layup or a floater. If that is cut off by the help defender on the wing, the point guard should look to pass to the 2. If the low post defender helps, then the point guard should have an open bounce pass to the 5.



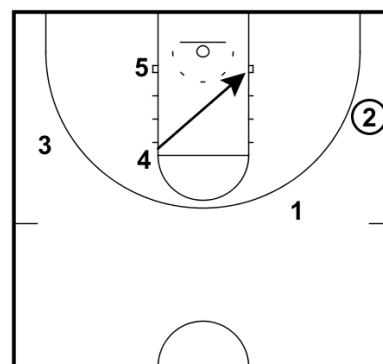
Transition Offense: 4 Cut



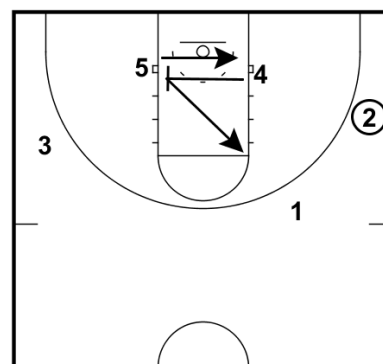
If your point guard cannot attack the seam, another option is called a 4 cut. In this situation, the point guard will pass to the 2 on the right wing.



Once the 2 has the ball, the 4 man will cut from the left elbow to the right low block. He should be looking for a pass from 2 that will give him an easy lay-up cutting to the basket. If your 4 man cannot get the pass from the 2 he should post up on the low block.



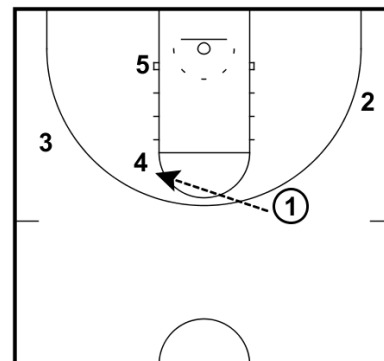
If your 4 man cannot get the pass from the 2 on the low block, he will screen away for the 5. The 5 will use the screen and cut to the right block. Once the 4 man screens, he will pop up to the right elbow. Your 2 man now has the option to pass to the 5 on the block or the 4 on the elbow.



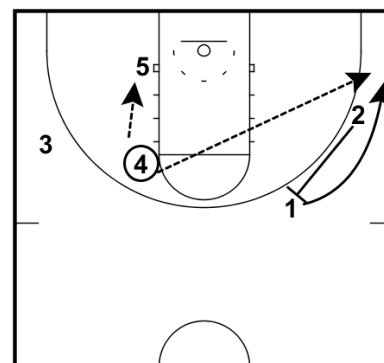
Transition Offense: Through



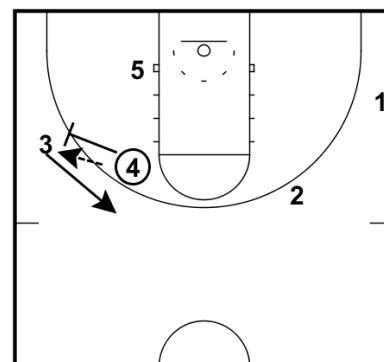
Another option if your point guard cannot get to the seam is for him to make a pass directly to your 4 man.



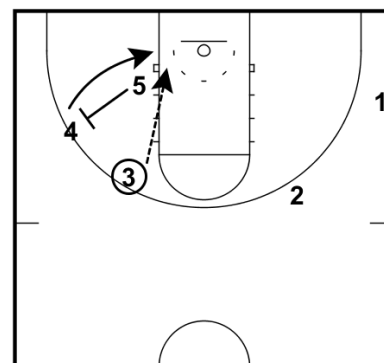
Once the pass is made to the 4, the 2 will come up and set a flair screen for the 1. The 1 will use the screen and float to the right corner. As this is happening, the 5 will duck in and look to post up on the low block. Your 4 man has the option to pass to the 1 or the 5.



If neither the 5 nor the 1 are open, the 4 should make a pass to the 3 on the left wing. Once he passes to the 3, the 4 should follow his pass and set a screen. The 3 will use the screen and dribble toward the top of the key if he doesn't have a lane to the basket.



If 3 cannot get a lane to the basket, he will look for the 4 who is getting a back screen from the 5. If your 5 is a good shooter, he can look for a pass on the wing once he has set the screen.



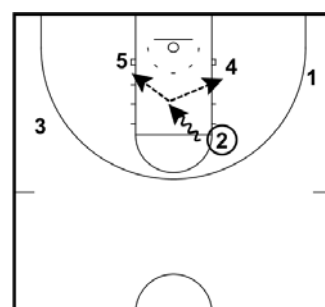
Quick Hitter Offense: K Series



One option for your offense to get some quick hitters is to run what is called the K series. In this case the K refers to a kickback.

K2 – In the option called K2, the point guard will start by attacking the lane. If he is cut off, he will run a dribble handoff with the 2. While this is happening, the 4 man will cut from the left elbow to the right low block.

The 2 will take the dribble handoff from the 1 and look to get into the center of the paint. He will have the option to shot a lay-up or look to pass down low to the 5 and 4 men who are set up on each low block.

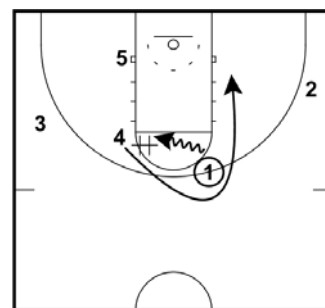


K3 – In the option called K3, the point guard will once again start by attacking the lane. While this is happening, the 4 will screen for the 3 man who will cut hard and run a dribble handoff with the 1.

Once the 4 has set a screen, the 5 man will set a back pick for the 4 who will cut to the low block. The 3 man should look to attack the basket or dish the ball off to the 4.



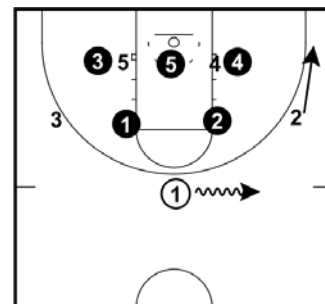
K4 – In this option your point guard will run a dribble handoff with your 4 man. The 4 will cut hard off of the 1 and look to use the open lane to get all the way to the basket. If he is cut off by the right wing defender he should look to kick the ball out to the two. If he is stopped in the lane by the low block defender he should have an open pass to the 5.



Zone Offense: Runner



Coach Haske still wants to keep the pressure up, even against the zone. In the zone offense, runner, the 4 begins on the right block, the 5 starts on the left block and 3 and 2 start on the left and right wing, respectively. Your one man will dribble to the right and the 2 will start to drift to the corner



The 4 man will then set a screen on the low man in the zone. The 1 will look to pass to the 2 for an open three-point shot.



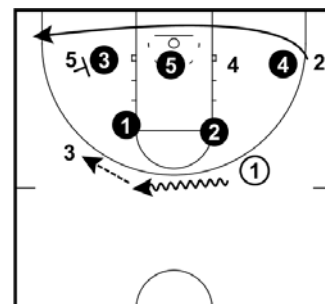
After setting the screen, the 4 man will seal the defender in the middle of the key. The 4 man should post hard in the lane and look for the ball. At the same time, the 5 man will flash to the right elbow. If he doesn't get the ball he goes back to the left block. The 1 man has options to pass to the 4 or the 5 man.



If the 1 is able to get the ball to the 5 man, the 5 will follow the same progression as in man to man offense. He will look shot, post, and reverse.



If the 1 can not get the ball to the 2, the 4 or the 5, he will dribble to the left to create a short pass to the 3 man. While that is happening, the 2 will run to the opposite side and the 5 man will set a screen for the 2.



The three will look to make the pass to the 2 man for an open look from three. If that shot is not available, the same variations occur on this side as they did on the right. The 5 man will look to post, the 4 will flash to the elbow and if nothing is available the ball will be reversed again.



Zone Offense: Zone 1



The second zone offense is called Zone 1. In zone one, Coach Haske has an important rule that states, no player can take a three pointer until they get a post touch. This offense will create many open looks from beyond the arch, but Coach wants to make sure that they are still looking to get the ball to the post.

The players will align in a one three one set with the 5 man at the left block. One will try to get the ball to 4 at the free throw line.

If the 4 is able to get the ball, he will follow his progression from man to man offense. He will look shot, post into 5 and reversal back to 1 or either side.

If the 1 is not able to get the ball to the 4 man, he will look to pass to the 2 man. It is important for the 2 and 3 to stay high so that the pass from the 1 is not a long pass over the defense.

If 2 gets the ball, the 4 man looks to get into the seam of the defense. If that is not available, the ball is reversed and run the same way on the left side.



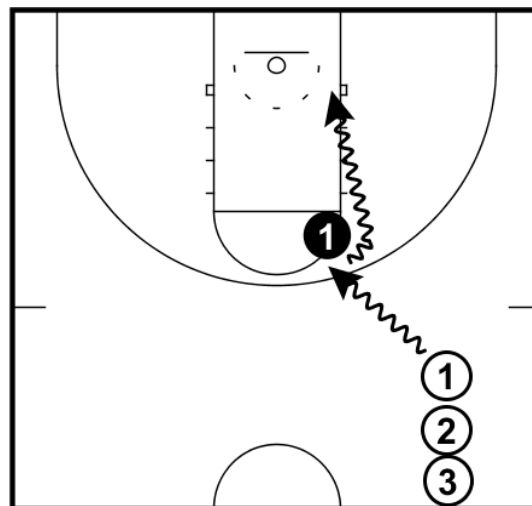
Pressure Offense Drills

Offensive Drill: In & Out Dribble



In order to teach your guards how to get to the seam and attack the basket, it is important to learn the in and out dribble. This drill consists of one mock defender set up at the right elbow and a line of dribblers at the right sideline. The defender will mostly be a placeholder for the offense and will not try to stop the ball.

Used to simulate the transition offense, the first dribbler will speed dribble at the defender dribbling with his right hand only. As he approaches the defender, he will dip in with the ball and then he will cut to the basket. The move is supposed to look like the dribbler is going to cross the ball from his right hand to his left hand, but the ball will not cross over and it will remain in the right hand.

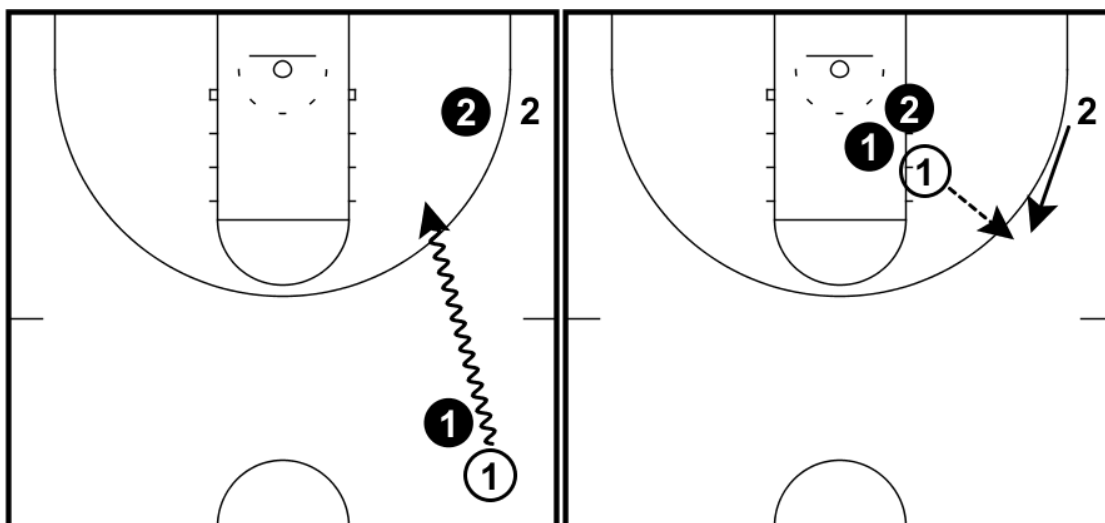


The move is most effective when the dribbler gets hip to hip with the defender. This means he will cut so close to the defender that they may actually rub hips. Doing this will not allow the defender much space to recover.

Once the first dribbler has gone and finished a lay-up, the next person in line follows with the same move.

You can progress this drill by starting with lay-ups and then moving to floaters and then to jump shots. You can progress even further by adding a cross over into the dribble after the in and out.

Offensive Drill: 2 on 2

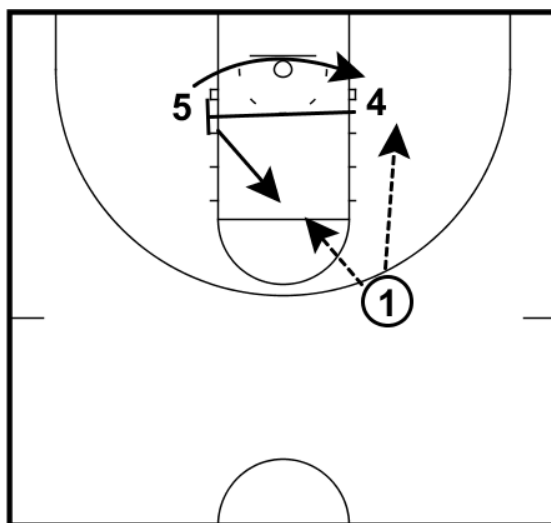


Another drill that can be used to simulate the transition offense is the 2 on 2 drill. This drill will set up similar to the transition offense with the point guard coming down the right sideline and the 2 man off to his right on the wing.

The goal of the point guard is to get into the seam and read the defense. If the two defenders try to cut him off with a double team, then he should look for a kick out or a dribble handoff with the 2. If the 2 man's defender does not help, then the point guard should look to take the ball all the way to the basket.

This still is great for helping your guards learn how to read a defense.

Offensive Drill: Post 2 on 0



This drill is geared toward your post players and can be run against 0 defenders, 1 defender or played as 2 on 2.

The drill begins with a man at the three point line with two basketballs. The 4 will start on the right block and the 5 will start on the left block.

The 4 man will screen across the lane for the 5 who will cut to the right block. The man with the ball will pass into the 5 at the post. After setting a screen, the 4 man will cut to the right elbow. The man with the ball will also make the pass to the 4 who will take a jump shot.

If this drill is run as 2 on 2, there will only be one ball and one pass to either the 4 man or the 5 man.

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